

Growing Healthy Families

St. Johnsbury District Office, Vermont Department of Health
107 Eastern Ave, Suite 9 • St. Johnsbury, Vermont 05819
1-802-748-5151 or 1-800-952-2936

All
activities
are FREE
of charge!



Spring 2010



Come have some fun at The Club at Old Mill

Tuesday, March 9; 6:45–7:45 p.m.

Thursday, March 11; 9:00–10:00 a.m.

Been thinking about getting more active, but just haven't started? Here's your free chance! Activities for 3- to 5-year-olds; childcare for children under 3. Adults can try out some of the equipment and make a physical activity plan to meet their needs and lifestyle whether it be at a gym, at home, or outside. Limited supply of free pedometers — first come first serve.

Bonus: There will be a special discount on club membership for participants interested in being active at a gym.

Registration required. Call Melody Morrison at 748-5151 or 800-952-2936.

Centsible family meals

Tuesday, April 6; 1:00–2:00 p.m.

Wells River Congregational Church

Friday, April 9; 9:15–10:15 a.m.

Lyndonville Head Start

Join us for time and money saving ideas, recipes and menus. Bring your favorite recipe or meal idea to share. Taste test a dish prepared at the program. Door prizes for everyone.

Registration required. Call Melody Morrison at 748-5151 or 800-952-2936.

Breastfeeding: Plan to succeed

Tuesday, April 27; 6:00–8:00 p.m.

Northeastern Vermont Regional Hospital
conference room

Breastfeeding Basics

If you are planning to breastfeed or thinking about it, join us for the ABC's of breastfeeding.

Returning to Work without Weaning

In this session we will talk about what your employer is required to offer to breastfeeding moms returning to work. Learn how to make breastfeeding and returning to work easier and the "how-to's" of pumping.

Door prizes! Register for either or both.

Registration required. Call Melody Morrison at 748-5151 or 800-952-2936 for information and to register.

